



# Breastfeed Durham

## Benefits to Baby

Reduces risk of ear infections, respiratory infections, GI infections, UTIs, SIDS, obesity, diabetes, & more.



## Benefits to Parent

Reduces risk of type 2 diabetes, breast and ovarian cancers, reduces postpartum bleeding.

## Getting Started

**Breastfeeding is natural, yet does not always come naturally. We're here to help!**



**Hold your baby skin-to-skin as much as possible. It helps build your milk supply and your confidence.**

**Ask for help and find support. Start early to build a strong support network.**



**Babies nurse for more than hunger. Nursing can soothe pain, calm fears, and comfort babies.**

**Nurse often. The more your baby nurses, the more milk your body will make.**



# Breastfeeding Support Resources

Here is a short list of some places you can get breastfeeding help and support. There is a longer list on our website, [BreastfeedDurham.org](http://BreastfeedDurham.org). There are many lactation consultants, classes, and support groups on the list.

- Durham County Department of Public Health: 919-560-7732
- Durham WIC: 919-956-4042
- MAAME: 919-709-3120
- Equity Before Birth: 919
- La Leche League: 919-622-8787  
[LLLdurham.org](http://LLLdurham.org)

Our website also has information about:

- Going back to work while breastfeeding
- How family and friends can help
- Childcare
- Breastfeeding friendly businesses
- Food banks and other family support



[BreastfeedDurham.org](http://BreastfeedDurham.org)



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